

Getting the Best Results When Filming Yourself with a Smartphone

Important: Position your phone horizontally. Always film horizontally!

Tips

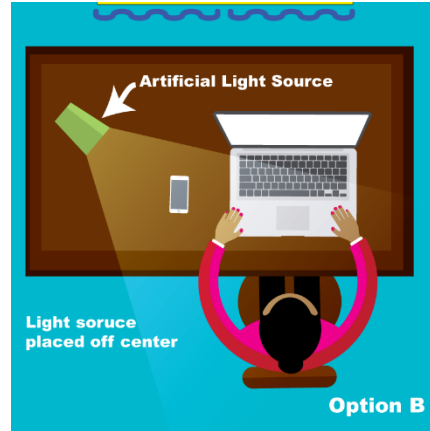
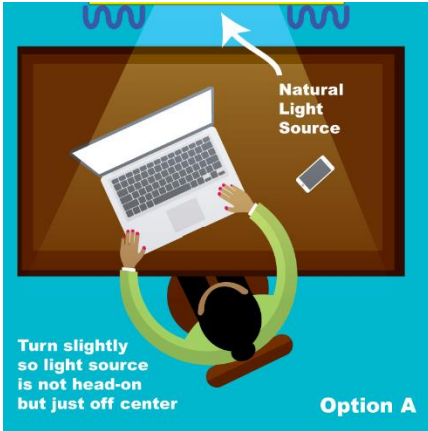
- Film horizontally—this is important due to the landscape (horizontal) format of computer monitors and TVs
- If possible, select a wall or space with an uncluttered, neutral background
- Check for strong shadows that may be behind you—position yourself farther away from the wall
- When framing your shot, position yourself in the horizontal center giving yourself a bit of headroom (don't cut off the top of your head) and aim for chest up



- Set up your smartphone on a stable surface or use a tripod with your phone level with or slightly above your eye line
- Try not to watch yourself but look at the lens—this helps you not obsess about yourself and it gives the appearance that you're looking at your audience
- If you're using a script, tape it up as close to your phone as possible—perhaps, tape it on your phone but don't cover the lens (then you don't have to watch yourself)
- Rehearse a couple times before your final take

Lighting

- Set yourself up facing the light source and slightly off center to avoid squinting and having the light wash out your face



- Avoid strong light sources (lamps, windows, etc.) directly behind you



- Utilize natural light, if available
- Avoid strong overhead lights, they create unflattering shadows and hot spots on foreheads, cheeks and noses
- Check yourself on screen and reposition if necessary

Audio

- Locate a quiet space to film—be aware of background noises such as conversations, traffic, TVs, appliances, etc., the microphone will pick up sounds that you tune out
- Use an external microphone or headphones with a microphone, if you have them—it's ok if they show in the video
- If you are not using an external microphone or headset, position yourself within three feet of your smartphone

Congrats, you're ready for your close up!